

The Food and Nutrition Summer Institute

VOLUME 4, ISSUE 1

FALL 2002

Calendar & Events

- 5th Annual FNSI
Beltsville, MD,
July 19-24, 2003
- 18th International Congress of Nutrition
Durban, South Africa,
Sept. 19-24, 2005

Summer Institute Vision for the Future:

- Growth
- Greater HBCU Leadership
- Greater focus on students
- Stronger connection with the community
- Strong, quality programs.

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Student Editor's Comments

This issue of the Food and Nutrition Summer Institute (FNSI) highlights the fourth Summer Institute held in Normal, Alabama on the striking campus of Alabama A&M University from July 26-31, 2002. Many "firsts" were featured in the short-lived, but significant history of the Institute.

This was the first year a world renown public health speaker addressed the FNSI when Dr. David Satcher spoke to the group. This was the first time the Institute was held on the campus of a Historically Black College and University (HBCU), to which Alabama A&M truly set the precedent for the other HBCUs to follow. It was also

the first year a bus excursion was made to not only pick up participants, but to highlight the roles of the HBCU in nutrition as well as the advances that many HBCUs are making on their respective campuses. Most importantly, this was the first year an actual community event was planned, directly linking the surrounding community to the FNSI.

Inside this issue you will find a revamped layout and design for the newsletter, a "hot topic" in nutrition, a healthy recipe, as well as FNSI's fresh vision and group reports from our strategic planning session. I believe that all of these things accurately reflect the renewed commitment to the FNSI and

the determination with which we have all chosen to follow through to meet our goals within the Summer Institute.

*Submitted by Student Editor
Dominick D. Kennerson, 2002
graduate of South Carolina
State Univ.*



Former U.S. Surgeon General, Dr. David Satcher, addresses the audience at the FNSI

Summary of FNSI 2002

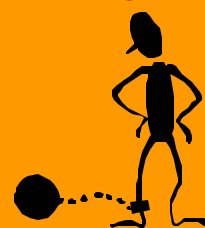
The fourth Food and Nutrition Summer Institute, "Food, Fitness, and Fun for a Healthy Community," was held in Normal, Alabama on the campus of Alabama A&M University, July 26-31, 2002. This year's program was sponsored by USDA (Agriculture Re-

search Service; Cooperative State Research, Education & Extension Service; Economic Research Service; and the Food & Nutrition Service) and DHHS (Food and Drug Administration and the Centers for Disease Control and Pre-

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A life of reaction is a life of slavery, intellectually and spiritually. One must fight for a life of action, not reaction.

--Rita Mae Brown



Summary of FNSI (continued from page 1...)



vention). Seventy people participated, including faculty and students from 11 HBCUs (Alabama A&M, Alcorn State, Charles Drew Univ., Howard, North Carolina A&T, North Carolina Central, South Carolina State, Southern Univ., Tuskegee Univ., and Univ. of Maryland Eastern Shore). Representatives from the USDA and DHHS also participated. The purpose of the 2002 Summer Institute was to encourage HBCUs to increase and implement nutrition programs aimed at addressing the public health, nutrition, and overall wellness needs of their respective communities; to expose nutrition professionals and HBCU students to the major nutrition and wellness problems these communities encounter daily; and to promote and motivate linkages to these communities.

Summer Institute 2002 presentations and programs focused on building healthy communities through education, behavioral and attitude changes, bridging nutrition and wellness programs from HBCUs to the community by gaining the respect and trust of the community, and defining the role of the Summer Institute in the near and

distant future.

Day one featured an elegant reception and dinner at the Ernest Knight West Campus Center at Alabama A&M, with Dr. Bernice Richardson presiding. The second day opened with the first ever community event, "Food, Fitness & Fun-Linking Communities to Nutrition and Physical Activity." Dr. Virginia Caples, Provost/Vice President of Academic Affairs and 1890 Administrator, opened the session via satellite phone from Beijing, China. The 2002 FNSI Unsung Hero, Dr. Prince Preyer, County Commissioner for District 6 in Alabama, spoke on "Urban Community Gardening, a Community Resource." Mr. Artis Sidney, Owner & Manager of Garden Cove Produce Market, passionately spoke on "Organic Gardening and What It Means to Good Health and Nutrition." Following the presentations, activities continued inside and outside on the grounds of the Agricultural Research Station. Outside activities included a food station, "A Taste of Alabama and Beyond," a food safety station, "Demonstrations and Information," and a fitness station, "Cardiovascular Fitness Test."

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Hot Topic: Fast Food Lawsuit Mimics Tobacco Fight



Do fast food restaurants bare some of the responsibility for the obesity epidemic in the nation? This is a question posed by Caesar Barber, a 56 year old New Yorker and plaintiff in the class action lawsuit against McDonald's, Wendy's, Burger King, and Kentucky Fried Chicken. Mr. Barber blames fast food restaurants for his obesity and related health problems, two heart attacks, diabetes, high blood pressure, and high cholesterol. He claims his infirmities resulted from eating fast foods on a regular basis, four out of five times a work week

since the 1950s. Conversely, Katherine Kim, the National Restaurant Association spokeswoman, counters with, "The lawsuit is senseless, ridiculous, and baseless. There are choices in restaurants and people can make these choices."

John Banzhaf, George Washington University law professor and advisor on the Barber case, defends the lawsuit. Professor Banzhaf spent the past 35 years campaigning against the tobacco industry and was one of the first lawyers to sue tobacco companies for the deleterious health effects of smoking. He believes that fast food companies mis-

represent their products by understating the fat content, not mentioning ingredients, or failing to warn consumers of certain health risks associated with their food products. According to him, the lawsuit is trying to force the fast food industry to provide more options to consumers such as vegetarian meals, label individual products with fat, salt,



**OBESITY
ACCOUNTS
FOR 300,000
DEATHS AND
GENERATES
\$117 BILLION
IN MEDICAL
BILLS.**

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Strategic Planning Group Reports

Group: Future Nutrition Leaders of the World (FNLW)

Group Members:

Angenette King
Reynollette Ettiene
Barbara Tenner

Lisa Capers
Kajuandra Harris
Dionne Toombs (Group Leader)

Zawadi Morrison
Angela Gibbs

April Stull
Leslie Clark (Recorder)
Dominick Kennerson

Vision. Improving quality of life through nutrition awareness and behavior modification within the African American community.

Mission. To enhance the public health and general well-being of the African American community by (1) positioning the nutrition programs at Historically Black Colleges and Universities (HBCUs) to meet the research, education and workforce challenges of the 21st century, (2) creating a stronger voice and action for nutrition education, research, and policy within the community, and **(3) increasing student involvement while enhancing knowledge and exposure within the field of nutrition through outreach and career development (internships and professional meetings).**

Values

building trust within our culture
embracing cultural beliefs
working in the community by providing nutrition education and resources
building student relationships within HBCUs

Goals, Objectives, Strategies and Action

Goal 1. Increase student participation in FNSI

Objective 1. Select a student representative from each HBCU to serve as a contact to the FNSI by 2003.

Strategy 1a. Get students involved in FNSI by selecting a host school to assist in the planning, development, and implementation of annual meeting.

Strategy 1b. Department Chair to select student representatives for chair, co-chair, and alternate by 2003.

Objective 2. Encourage students to present nutrition projects (posters, research projects, web design) at FNSI by 2003.

Strategy 2b. Provide book scholarships as an incentive for participation in nutrition projects

Objective 3. Provide career development workshops (grant writing, internships/employment) at FNSI by 2003.

Strategy 3. Conduct two workshops (grants writing, internship, employment)

Action. Encourage 10% of HBCU enrollment to participate in FNSI.

Goal 2. To increase awareness of FNSI

Objective 2a. Provide quarterly information for students in the newsletter.

Objective 2b. Use media, journals, and professional meetings at HBCUs to advertise FNSI by 2003.

Action. Design an 11x17 poster to distribute to HBCUs

Goal 3. To use FNSI as a forum for professional development

Objective 3. Receive academic credit for FNSI participation by 2004.

Action. Chair for each HBCU to submit an article for the newsletter each quarter.



The student group, "Future Nutrition Leaders of the World" take an aggressive approach to FNSI's future

One outcome of the strategic planning session was to use various mechanisms to increase student involvement in the Summer Institute. Our first student newsletter editor is Dominick D. Kennerson, a current Master's student at the George Washington Univ. School of Public Health and Health Services. Other interested students should contact: Dr. Paul A. Cotton, CNRG, USDA, Beltsville, MD 20705 (301) 504-0637 or pcotton@rbhnrc.usda.gov no later than **Dec. 6, 2002**

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Strategic Planning Group Reports (continued from page 3...)

Group: Thinking13

Leader: Bernestine McGee

Recorder: Johnson Kamulu

Group Members:

Kimberly Burgess

Marchale E. Burton

Edith I Ezekwe

Chinella Henderson

Esther C. Okeiyi

Gladys Gary Vaughn

Ann P. Warren

Recommendations:

Vision. Promote the health and wellness of peoples of the African Diaspora

Mission. Eliminate disparities in health, employment, careers, and policies by positioning the HBCUs to meet the research, education, and workforce challenges of the 21st century.

Values

The FNSI values the right of all human beings to receive and/or engage in the benefits of:

- nutritional and health justice
- food safety and security
- educational advancement and empowerment
- cultural diversity
- networking opportunities
- national and international collaboration irrespective of race, color, creed or national origin.

Goals

- To enhance the visibility and recognition of the FNSI in addressing health issues of people of the African Diaspora
- To expand involvement and participation of government, private industry, academia, communities and other sectors nationally and internationally.
- To promote respect for cultural diversity and cultural competencies.
- To develop a competent, competitive and diverse workforce capable of expanding knowledge of human health and well being through early exposure of students to food and nutrition research, education and outreach.

Objectives

Goal #1

- Continue to produce a quarterly newsletter.
- Use electronic media (e.g., CD Rom, DVD, TV, radio) to disseminate newsletter and lectures
- Increase enrollment of participants by 25% annually.
- Establish a peer-reviewed research publication.
- Establish an Institute faculty comprised of internationally and nationally renown food and nutrition professionals.

Goal #2

- Network with other professional organizations.
- Solicit funds from other organizations.
- Collaborate with other organizations on research and other professional training.
- Continue promoting faculty and student exchange programs.
- Offer continuing education and academic credits.

Goal #3 (no objectives)

Goal #4

- Establish a series of experiential learning activities such as mentoring, internships, scholarships and exchange programs.
- Conduct activities to assist students with preparation for credentialing examinations.
- Promote and conduct activities that assist HBCUs in providing activities for students which facilitate their preparation for becoming a professional (e.g., dress, interviews, resume writing).
- Conduct activities that foster appreciation for careers in food and nutrition, and foster retention in the professional ranks.

Strategies

- Identify persons who are knowledgeable about issues of human health and well being impacting people of the African Diaspora.
- Advertise in professional journals and link to appropriate websites.
- Expand the Summer Institute website.
- Advertise in campus student newspapers.
- Establish a mentoring program for students.
- Recruit students to, retain students in, and graduate students from food and nutrition programs.

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Strategic Planning Group Reports (continued from page 4...)

Group: Supremes

Leader: Ralphenia Pace
Recorder: Elaine Williams

Group Members:

Mary Andrews
Sarah M. Wilder
Debra Ward
Rebecca Dolman

Marchale Burton
Edith Whitaker
Ellen Harris
Elaine Williams (Recorder)

Ralphenia Pace (Group Leader)
Paul Cotton
Glenda Jackson

Recommendations:

1. Students should be exposed to nontraditional roles and careers in nutrition, dietetics and food science.
2. Develop publication, e.g. multi-media for marketing FNSI
3. Students should receive academic credit for participation in FNSI
4. Establish an advisory group of multi-disciplinary members.
5. Provide internships for graduate students.
6. Track students who have participated in FNSI.
7. Establish a permanent faculty for FNSI and a pool of consultants.
8. Establish a FNSI Alumni Association.
9. Consider professional membership in FNSI (annual dues structure).
10. Establish a peer mentoring program for undergraduate and graduate students.



*Dr. Ralphenia Pace (Tuskegee)
presents the report*

Vision. FNSI is a consortium of HBCUs and partners committed to quality research and education programs, providing meaningful guidance to students for professional leadership roles in diverse settings.

Mission. No change to current FNSI mission.

Values

Commitment to students.
Quality education and research
Community participation
Maintain strong HBCU and partner bonds
Commitment to better health, nutrition and physical activity
Mentoring of students and professionals

Goals

By 2005, double the participation of HBCUs and partners (faculty, students, nutrition retirees, Extension) in FNSI.
Establish a structured mentoring program for students and professionals by 2003.
Incorporate a model for linking FNSI to the community.
Establish relationships with local, county, state and national political leaders to promote and influence public policy in health and nutrition.
Assist HBCUs in better marketing of food science and nutrition programs to increase student enrollment.
Create health and nutrition partnerships between global HBCUs and the communities they serve.

Objectives, Strategies and Action

Objective 1. Double participation. Develop a contact list of faculty, students, Extension, community organizations, NOBIDAN, etc. (e-mail addresses) by Dec. 2002.

Strategy/Action 1. Glean from the American Dietetic Association and the Family and Consumer Studies Directories, the food and nutrition programs at HBCUs.

Objective 2. Structured Mentor Program. Establish a steering committee to develop the mentor program model by Dec. 2002.

Strategy/Action 2. Identify partners and request volunteers from each partner.

Objective 3. Community Linkage Model. Recommend a model for FNSI community linkages by Dec. 2002.

Strategy/Action 3. Refer to advisory group the task of reviewing models and make recommendation for model of FNSI community linkages.

Objective 4. Relationship with political leaders. Incorporate into annual FNSI a session focused on developing relationship with local, county, state and national leaders.

Strategy/Action 4. Plan a session at the 5th FNSI focused on developing relationships with local, county, state and national leaders.

Objective 5. Marketing Programs. FNSI will provide information to encourage HBCU admission officers and alumnae to recruit students into HBCU programs.

Strategy/Action 5. Identify and solicit for help local/national alumnae and partners to recruit students into HBCU programs.

Objective 6. Partnerships with global HBCUs. Identify and plan for the next global HBCU partnership.

Strategy/Action 6. Begin planning for the 5th FNSI.

Other actions

FNSI will support HBCUs in getting programs recognized at respective universities.
Provide FNSI information to NOBIDAN to integrate and create a bond with NOBIDAN.

Report from Tuskegee University

Research titled: "Aqueous Extracted Peanut Oils High in Omega-9 Fatty Acids and Protein on Risk Factors for Coronary Heart Disease" is presented in this report.

Research Background

Coronary heart disease (CHD) kills more people, particularly African Americans in the Black Belt of Alabama, annually than any other chronic diet related disease. A well balanced diet, containing good quality fat and good quality protein, prevents and treats CHD by influencing plasma levels of antioxidant enzymes. Normal antioxidant enzyme

activity (AEA) reduces the level of reactive oxygen species capable of accelerating cellular oxidation, thus, low AEA levels may serve as possible markers of oxidative stress, and as possible risk factors for CHD.

Research Summary

A total of 30 hamsters, serving as the experimental model in a 28 day feeding study, were randomly divided into six treatment groups, five per group, and used in a 2 X 3 factorial arrangement with two protein sources ---casein and peanut meal--- and three oils ---corn, commercial peanut and aqueous extracted peanut.

The diets were both isocaloric and isonitrogenous and formulated according to the American Institute of Nutrition (AIN-76) guidelines. Anti oxidant enzymes superoxide dismutase (SOD), catalase (CAT) and glutathione peroxidase (GPX), which prevent cellular lipid oxidation and oxidative stress were assessed in liver and kidney tissue.

The study found that aqueous extracted peanut oil (AEPO), a source of monounsaturated fatty acids, fed in combination with the casein protein better maintained normal antioxidant enzyme activity

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Summary of FNSI (continued from page 2...)

(1mile walk)." Inside there was a very cultural and festive atmosphere organized by the International Women's Club of Huntsville, the Philippine American Assoc. of Alabama, the International Students of Alabama A&M, and the Hispanics and International Community of N. Alabama. Members from various ethnic groups from the Huntsville area presented "It's a Small Word: Diversity, Food,



Asian dancers enchant the crowd

Culture & Entertainment." There were Irish, Thai, Hawaiian, Peruvian and Filipino dancers. Ladies from Nigeria, India, and Japan modeled and explained the significance of their traditional dress. A Filipino singer, Luz Ladrillono, from the cast of Miss

Saigon sang beautifully.

On day three, Dr. Ellen Harris, USDA, opened the formal meeting. Loretta Spencer, Mayor of Huntsville, AL, and Dr. McArthur Floyd, Research Director, Alabama A&M, greeted and welcomed the participants



Community Event opens at the Agricultural Research Station

and guests to the city of Huntsville and Alabama A&M University, respectively. Dr. Ellen Harris gave a program overview of the Summer Institute. The morning speakers described successful strategies they used in establishing a healthier populace in their respective communities. The panelists were Dr. Daniel Blumenthal, Chair, Dept. of Community Health & Preventive Medicine, Morehouse School

of Medicine; Dr. Jack Hataway, Director, Chronic Disease Program, Alabama State Health Department; Dr. Larry Robey, Health Officer, Madison County Health Department in Alabama; and Dr. Mary Jane Caylor, State Board of Education, District 8, Alabama.

The first half of the afternoon session transferred attention from strategies to policies and legislation that affect community health and wellness and was moderated by

Kevin Crenshaw,

Urban Affairs New and Nontraditional Programs, Alabama Cooperative Extension System. Panelists Laura Hall, State Representative, District 19, Alabama and Dr. Prince Preyer, Madison County Commissioner, described the legislation pertinent to programs in their respective districts and what work can be done with legislatures to affect policies.

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Report from Tuskegee University (continued from page 6...)

in both liver and kidney. These results may have direct implications for communities of color suggesting that diets high in saturated fat should be substituted with a monounsaturated fat (AEPO) in combination with an animal protein consumed in moderation. This research supports the fact that health benefits do result from consuming monounsaturated fats in the prevention and control of CHD.

*Submitted by:
Kajuandra Harris, MS, 2001
graduate, Tuskegee University,*

*Ralphenia D. Pace, PhD., RD., LD,
Thesis Advisor, Dept. of Food &
Nutritional Sciences
(currently Kajuandra works
for the Alabama Cooperative
Extension Service as an
Extension Agent, NEP and is
enrolled in the PhD pro-
gram in Nutrition, Auburn
Univ., AL)*



*The Dr. Booker T. Washington
Memorial at Tuskegee Univ.*

***"He lifted the veil
of ignorance from
his people and
pointed the way of
progress through
education and
industry."
...Washington
Memorial statue***

Summary of FNSI (continued from page 6...)

The second half of the afternoon session, "Programs & Community Action," was moderated by Dr. Johnson Kamalu, Professor, Department of Family and Consumer Sciences, Alabama A&M University. Panelists

Day four was devoted to strategic planning where we addressed the needs, wants, usefulness, and expectations of the Summer Institute for the future. Dr. Ellen Harris and Dr. Gladys Vaughn, USDA, both spoke on the direction, vision, and purpose of the Summer Institute. Participants were broken down into 3 groups to discuss and outline their ideas. Following the group sessions all ideas were presented.

The last morning of the Summer Institute was truly a special event when Dr. David Satcher, the former US Surgeon General and current Director for the National Center for Primary Care, Morehouse School of Medicine, spoke. Dr. Satcher was introduced by Dr. Dorothy Huston, Vice President for Research and Development at Alabama A&M. A packed auditorium of Summer Institute participants and people from various parts of Alabama came to hear him speak on the 10 leading health indicators, as well as goals to eliminate racial and health disparities.

Dr. Paul A. Cotton, USDA, moderated the last session where the fol-

lowing participants presented research ideas or described their programs: Dr. Elaine Williams, Center for Nutrition & Activity Research in African Americans, Charles Drew University of Medicine & Science presented, "Evaluation of the Faith Based Nutrition Education and Physical Activity Outreach in California: From Research to Intervention to Policy Advocacy;" Andrea Morris, student, Alabama A&M University, presented "Germ City: Clean Hands, Healthy People Hand Washing Project;" Adriane Langham, student, Alabama A&M University, presented "Childhood Obesity in Alabama;" Dr. Sarah Wilder, Executive Director, NOBIDAN, discussed their student mentor program; and Dr. Ralphenia Pace, Chair, Department of Nutrition and Food Sciences, Tuskegee University, presented a follow-up to FNSI 2001 and progress on a research proposal, "Home-based Processing in Ghana-Adding Value to beta Carotene Rich Foods to Reduce Vitamin A Deficiency."

*Submitted by Student Editor
Dominick D. Kennerson*



*Health Officer Dr. Larry Robey speaks on
healthy community environments*

were Charlotte Duncan, State Nutritionist, Food Stamp Nutrition Education Program, SE Region, FNS, USDA; Debbie Whitford, Chief Policy & Program Development Supplemental Food Programs Division, FNS, USDA; Heidi Hataway, State Nutritionist, Alabama; and Edwin Hill, CEO, Community Action Agency, Madison & Limestone Counties.

Hot Topic: Fast Food Lawsuit Mimics Tobacco Fight (continued from page 2...)

cholesterol, as well as other nutrient information, and warn consumers of any adverse health effects. There are 858,000 fast food restaurants in this country. While many fast food restaurants post nutritional information on some of their products, this may not be enough. The current fast food class action lawsuit may be a wake up call to them and us. Environmental factors, as well as personal choices, contribute to this national health problem. *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity 2001* by former US Surgeon General, Dr. David Satcher, reported that 61 percent of Americans are overweight. Obesity accounts for 300,000 deaths and generates \$117 billion in medical bills. Dr. Satcher's report recommends to get America eating right the health care system, media, businesses, communities and individuals should work together to create better health and well being.



Healthy Recipe: Potato Leek Soup

Prep time approx. 20 minutes. Ready in approx. 40 minutes

Ingredients:

3 potatoes
3 cups chopped leeks
1 stalk celery chopped
2 tablespoons butter
salt
1/2 cup water
3 cups 2% milk
optional: snippets of fresh herbs (thyme, marjoram, basil)
black pepper (freshly ground)



Directions:

Cut potatoes into 1-inch chunks. Place them in a saucepan with the leeks, celery, carrot, and butter. Add salt to taste. Cook the vegetables and stir over medium heat until the butter melts (about 5 min.). Add water and bring to a boil, cover, reduce heat and simmer. Cook until potatoes are soft (20-30 min.). Check the moisture level occasionally, add water if needed. Once potatoes are tender remove the pan from the heat and puree it's contents in milk using a blender or food processor. Return contents to saucepan and add optional herbs and black pepper. Slowly heat the soup covered until hot, then serve.

Source: Sandy Martin-Weiler
Harare, Zimbabwe



Photo Gallery from the Summer Institute at Alabama A&M



The "Supremes" enjoy their working lunch



The FNSI concludes with the awards luncheon



The "Hand Washing Project" being demonstrated at the community event



Participants relax at the opening reception



Jazz plays at the dinner reception

Photo Gallery from the Summer Institute at Alabama A&M



FNSI serves up "A Taste of Alabama"



Dr. Prince Preyer, Jr. receives the Unsung Hero Award from Ann Warren, Dr. Ellen Harris, and Dr. Donnie Cook



Group Photo with Dr. Satcher



Kevin Crenshaw, AL Extension, moderating a panel



Participants finish their 1 mile walk at the Fitness Station

Photo Gallery from Alabama A&M



Some the FNSI students take a group photo



Dr. Satcher takes a group photo with audience members

Unsung Hero

The FNSI 2002 Unsung Hero is Dr. Prince Preyer, Jr. As an elected representative of Madison County, Prince Preyer, Jr., District Six Commissioner has tried to build a diverse alliance of educators, ministers, law enforcement and county officials, business leaders and parents, who can exchange and provide opportunities to make the county a better place for everyone to live. Prince Preyer, Jr. received the Bachelor of Science degree in Agricultural Education in 1958 from Alabama Agricultural and Mechanical University, the Masters of Education from Tuskegee Institute in 1970 and the Doctor of Philosophy from Iowa State University. Dr. Preyer has held numerous teaching positions on the high school and college levels in agriculture and has served as Chairman of the Agribusiness Department at Iowa State University. In the area of community nutrition, Commissioner Preyer founded Project Harvest, a community garden, which is a cooperative effort between local nurseries, seed companies, Alabama A&M University, and volunteers. Project Harvest provides fruits and vegetables to families in need. In his endeavors, Dr. Preyer has become a dedicated professional, teacher, activist, elected representative, and an example to us all.

THE FOOD & NUTRITION SUMMER INSTITUTE

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